

New nicotine science and policy Q & A published

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New Q and A



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February 17th, 2020

Nicotine science and policy Q & A

I have just published a new question and answer (Q & A) resource on nicotine science and policy. It is available as a page accessible from the top menu of this blog and also at this address: [Nicotine science and policy Q & A](#). I am hoping to keep it up to date... the questions as they stand at present are as below. My answers are on the Q & A page above – please visit, leave comments, suggestions for other questions, better answers or further reading.

The questions

[1. Strategy - what is the purpose of tobacco and nicotine policy?](#)

- 1.1 What are the goals of tobacco and nicotine policy?
- 1.2 What is 'tobacco harm reduction'?
- 1.3 What products are involved?
- 1.4 Shouldn't we aim for a nicotine-free society?
- 1.5 What is the 'endgame' for tobacco?

[2. Safety and relative risk - what are the risks?](#)

- 2.1 Are e-cigarettes less harmful than cigarettes?
- 2.2 Do the recent US cases of severe lung injury prove that e-cigarettes are very harmful?

- 2.3 What about long term effects – shouldn't we take a precautionary approach?
- 2.4 It took decades for the harmful effects of smoking to emerge, won't it be the same with vaping?
- 2.5 How much less harmful are e-cigarettes than cigarettes?
- 2.6 Is it fair to say e-cigarettes are likely to be at least 95% lower risk than smoking?
- 2.7 Do people understand the risks of vaping?
- 2.8 Isn't this just the 'light cigarette' tobacco industry scam all over again?

[3. Quitting smoking – do vaping products displace smoking?](#)

- 3.1 Do e-cigarettes help people quit smoking?
- 3.2 Isn't most vaping 'dual-use' of e-cigs and cigarettes?
- 3.3 What is the difference between NRTs, smoking cessation pharmaceuticals and vape products?
- 3.4 Should the healthcare system cover e-cigarettes as smoking cessation aids?
- 3.5 What about people who are disadvantaged and cannot afford to vape? Should they get support?
- 3.6 Should the healthcare system help vapers to go nicotine-free and quit vaping?

[4. Youth – how should we address the uptake of adult products by young people](#)

- 4.1 Why do e-cigarettes appeal to adolescents?
- 4.2 Is there a 'youth vaping epidemic' in the United States?
- 4.3 Is vaping a gateway to smoking?
- 4.4 Should flavours be banned to stop youth vaping?
- 4.5 Should e-cigarette sales be restricted to people aged 18 and over?
- 4.6 Does nicotine damage the developing adolescent brain?
- 4.7 What can be done to protect young people?

[5. Regulation – how should governments handle reduced risk products?](#)

- 5.1 Should e-cigarettes be banned?
- 5.2 Should e-cigarettes be regulated like cigarettes?
- 5.3 Should e-cigarettes be regulated as smoking cessation medicines with pharmaceutical regulation?
- 5.4 What is the right approach to regulating e-cigarettes?
- 5.5 What are the potential unintended consequences of vaping regulation?
- 5.6 Should different categories of vapour products like THC or nicotine salts be regulated in different ways?
- 5.7 Should regulators impose limits on the strength of nicotine in e-liquids?
- 5.8 Why does Juul use a high strength nicotine liquid in the US?
- 5.9 Should there be a special tax on e-cigarettes?
- 5.10 Does tobacco harm reduction undermine tobacco control?

[6. Vaping in public places – should it be permitted and who should decide?](#)

- 6.1 Do e-cigarette vapours pose the same risks to bystanders as second-hand smoke from cigarettes?

6.2 Should vaping be banned by law in public places and workplaces?

[7. Marketing - what marketing freedoms or constraints are appropriate?](#)

7.1 Are vaping products aggressively marketed to teens?

7.2 Should advertising for reduced-risk products be banned?

7.3 How to maximise the benefit to smokers and would-be smokers, while minimising recruitment of non-users?

[8. Retailing - who should sell and under what conditions?](#)

8.1 Where should e-cigarettes and other reduced-risk products be sold and not sold?

8.2 Should e-cigarettes be available only through pharmacies or on prescription or over-the-counter everywhere?

8.3 Should vaping products be available on-line?

[9. Tobacco industry - pariahs, predators or player?](#)

9.1 Are e-cigarettes a tobacco industry ploy to keep people smoking?

9.2 Should tobacco control authorities collaborate with tobacco-related industries in pursuit of public health objectives?

9.3 If tobacco companies want to reduce the harm caused by cigarettes, why don't they just stop selling cigarettes?

[10. Rapid responses to the biggest myths about vaping](#)

[14 additional rapid-fire questions]

[Postscript. Vaping - what people are getting wrong. The Economist](#)